

Safe + Sound



Essentials for your first aid kit

Items you should have in your first aid kit

It is important to have a well-stocked first aid kit in every home to handle less serious injuries. Your first aid kit should have items to suit your needs.



Plasters

Pack different shapes and sizes for simple cuts and scratches



Gauze Patches

Pack different sizes. Gauze helps to prevent wounds from getting dirty and control bleeding or secretions



Hand Gloves

To protect your hands when providing first aid



Hypoallergenic Adhesive Tape

Pack a roll as it is good for holding bandages in place



Tweezers

To remove foreign objects from the wound



Antiseptic Cream

To prevent infection of the wound



Distilled Water

To clean wound



Cotton Wool

To provide padding for splints and absorb bleeding or secretions



Roller/Triangular Bandages

For sore or sprained joints



Calamine Lotion

For insect bites and skin rash



Eye Drops

For dry or itchy eyes

Other than these items, you may also wish to add these to your first aid kit:

- » Cotton-tipped swabs
- » Scissors
- » Safety pins
- » Digital thermometer
- » First aid handbook

Scan the QR code to find out more about
- Other items to include in your first aid kit

